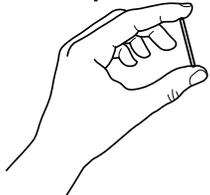
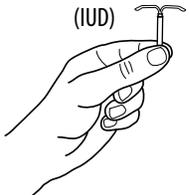


Effectiveness of Contraceptive Methods

More Effective
 ↑
 Less than 1 pregnancy per 100 women in a year
 6-12 pregnancies per 100 women in a year
 18 or more pregnancies per 100 women in a year
 ↓
 Less Effective

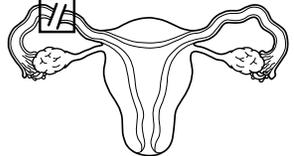
Implant

 0.05 %*

Intrauterine Device (IUD)

 LNG - 0.2 % Copper T - 0.8 %

Sterilization

Male (Vasectomy)

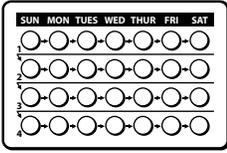
 0.15 %

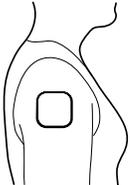
Female (Abdominal, Laparoscopic, Hysteroscopic)

 0.5 %

How to make your method most effective
 After procedure, little or nothing to do or remember.
Vasectomy and hysteroscopic sterilization:
 Use another method for first 3 months.

Injectable

 6 %

Pill

 9 %

Patch

 9 %

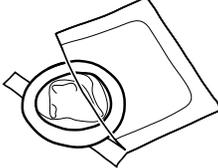
Ring

 9 %

Diaphragm

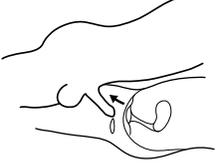
 12 %

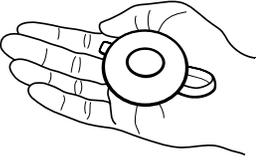
Injectable: Get repeat injections on time.
Pills: Take a pill each day.
Patch, Ring: Keep in place, change on time.
Diaphragm: Use correctly every time you have sex.

Male Condom

 18 %

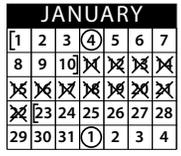
Female Condom

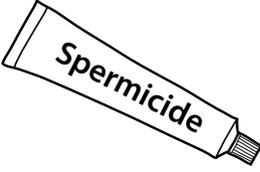
 21 %

Withdrawal

 22 %

Sponge

 24 % parous women
 12 % nulliparous women

Condoms, sponge, withdrawal, spermicides:
 Use correctly every time you have sex.
Fertility awareness-based methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be the easiest to use and consequently more effective.

Fertility-Awareness Based Methods

 24 %

Spermicide

 28 %

* The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.

CONDOMS SHOULD ALWAYS BE USED TO REDUCE THE RISK OF SEXUALLY TRANSMITTED INFECTIONS.

Other Methods of Contraception

Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception.

Emergency Contraception: Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy.

Adapted from WHO's Family Planning: A Global Handbook for Providers (2001) and Trussell et al (2011).



U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention